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# FACTS ABOUT FATS

## 脂肪的真相

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### ESSENTIAL FATTY ACIDS

Our body creates body fat from food, sugars, proteins, or fats. But there are two fats it cannot make. Linoleic acid (Omega 6) & alpha-linolenic acid (Omega 3) and these are called Essential Fatty Acids (EFA). They must be obtained from our food.

EFA are essential because they are necessary raw materials for building the structure of our:

- brains
- eyes
- ears
- testis
- ovaries
- adrenals
- muscles
- membranes of every cell

#### How Deficiency in EFA Damages Health

Deficiency in EFA leads to abnormal lipid levels & atherosclerosis because EFA help to regulate the levels of saturated fatty acids in the body. EFA deficiency has also been linked to eczema, psoriasis, hair loss, reduced immune function, behavioural difficulties, poor healing, miscarriages, circulatory disorders, growth retardation in children, muscle weakness, impairment of vision, impaired learning abilities, spread of rheumatic and arthritic disorders, deteriorating motor condition, and glandular atrophy, which in turn leads to infertility and weight disorders.

#### The Impact of Today's Food Degradation & Processing

Since the 1850's, because of food degradation and processing, the amount of intact Omega 3 fatty acids in our diet has declined to a chronically low level. On the contrary, in the modern diet, there is an Omega 6 overdose due to the inclusion of excessive amounts of "vegetable oils" such as corn oil, safflower oil, sunflower oil, virgin olive oil, sesame oil, peanut oil, and soya bean oil, plus margarine and shortenings, in the preparation of all foods.

The ratio of Omega 6 to Omega 3 fatty acids in our diets has increased to about 20:1, a very unhealthy situation. The Omega 6 overdose coupled with Omega 3 deficiency leads to multi-organs involvement resulting in chronic inflammation & destruction of small arteries (micro vasculitis) of the heart, brain, gut, kidneys, eyes (retinopathy, cataracts), nerve trunks, and the whole body (accelerated-aging). The widespread inflammations of the small arteries in the body together with calorie overdose are directly linked to insulin-resistance syndrome. The above phenomena are commonly known as Metabolic Syndrome or Syndrome X that involves multi organs diseases.

### 必需脂肪酸

我们的身体在吸取食物、糖、蛋白质或脂肪后自行合成脂肪。但是有两种脂肪人体无法自行合成，必须完全从食物中获取。它们是亚麻油酸（奥美加 $\Omega$ 6）及亚尔法次亚麻酸（奥美加 $\Omega$ 3），也称为必需脂肪酸。

必需脂肪酸对人体非常重要，因为它们是建造身体各部分结构的主要原料：

- 脑
- 眼睛
- 耳朵
- 睾丸
- 卵巢
- 肾上腺
- 肌肉
- 细胞膜

#### 缺乏必需脂肪酸将破坏健康

体内缺乏必需脂肪酸将导致脂肪指数异常及动脉硬化，因为必需脂肪酸帮助调控体内饱和脂肪酸的水平。缺乏必需脂肪酸也跟湿疹、牛皮癣、头发脱落、免疫力衰退、行为障碍、痊愈力差、流产、循环失调、儿童成长阻滞、肌肉衰退、视力损伤、学习能力差、风湿及关节炎、功能变质、天生萎缩症，不育及体重错乱有关。

#### 今日食物质量的退化及食物处理方式所带来的冲击

从1850年代开始，食物质量的退化及食物处理方式，造成我们饮食里的原奥美加 $\Omega$ 3脂肪酸数量长期严重缺乏。相反的，现代饮食里的奥美加 $\Omega$ 6却远远超量，因为在所有食物的准备过程中过量使用“菜油”，例如玉米油、红花油、向日葵油、橄榄油、芝麻油、花生油及大豆油、以及人造黄油及脂类化合物。

现代饮食里的奥美加 $\Omega$ 6及奥美加 $\Omega$ 3脂肪酸的比例激增到二十比一，一个非常不健康的比例。奥美加 $\Omega$ 6过量加上奥美加 $\Omega$ 3的贫乏，导致牵连多个器官，造成慢性炎症及心脏、脑、食道、肾脏、眼睛（视网膜病变，白内障），神经腺及全身上下（加速老化）的小动脉萎缩（微脉管炎）。体内小动脉的普遍炎症加上卡路里过量，都跟胰岛素抗体综合症有直接关系。上述牵连多个器官的病症被普遍称新陈代谢综合症或X综合症。

**THE OMEGA-6 PATHWAY**  
**奥美加Ω6转化路线图**

**THE OMEGA-3 PATHWAY**  
**奥美加Ω3转化路线图**

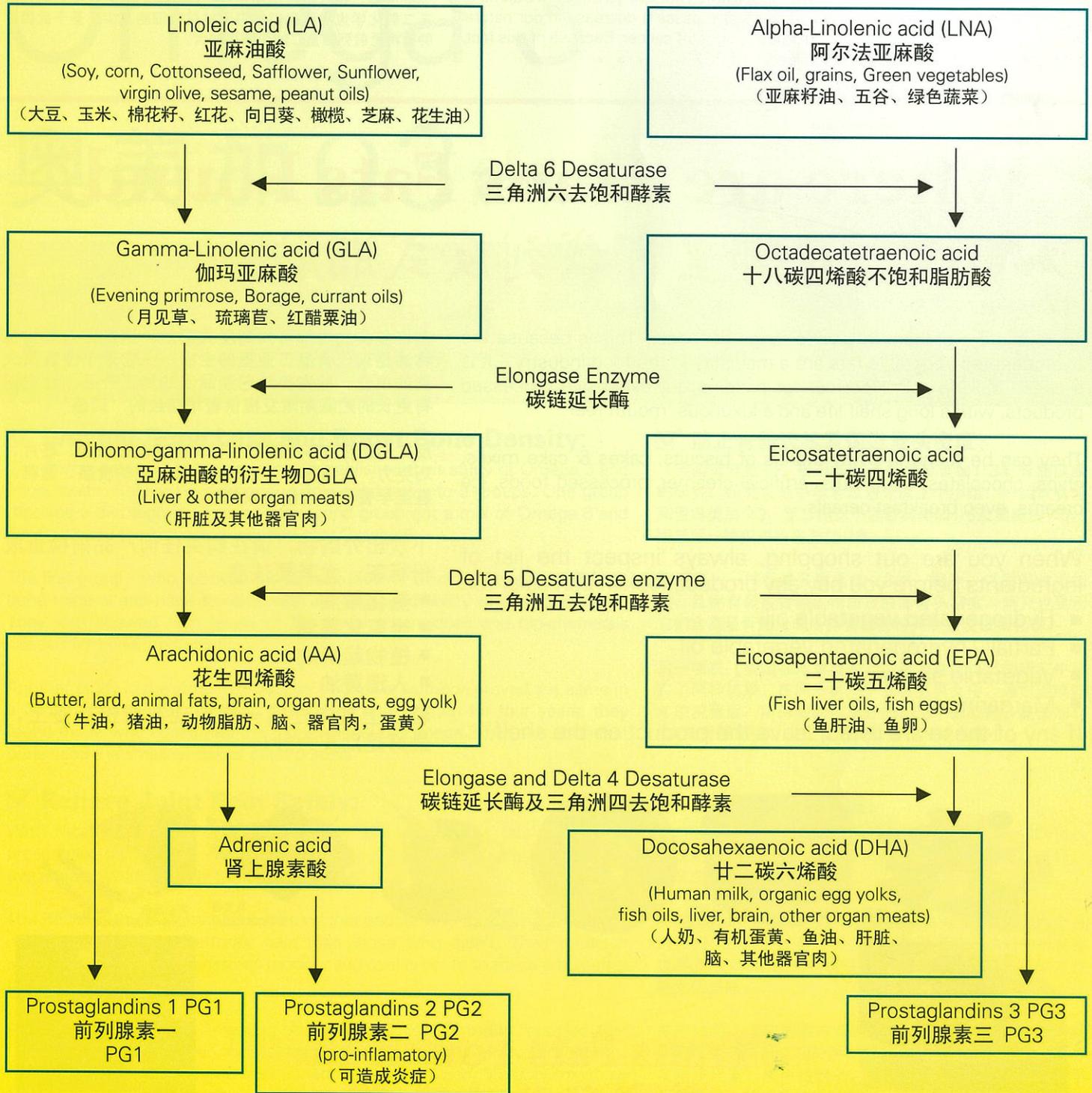


Figure 1 图一

This figure clearly shows that the end results of the conversions of these essential oils are Prostaglandins (PGs) which are hormones that our body depend on for many important functions. Prostaglandins (PGs) are divided into 3 categories, namely Prostaglandins 1 (PG1), Prostaglandins 2 (PG2) and Prostaglandins 3 (PG3). In a general sense, PG1 and PG3 families are good PGs and the PG2 family is the bad PG. The PG1 and PG3 families counteract the bad effects of the PG2 family. Researchers have found that most of the ill effects of chronic diseases such as heart attacks, cardiovascular disease, cancer, and inflammatory conditions including autoimmune diseases are caused by or aggravated by the PG2 family. As you can see in Figure 1, Omega 6 promotes the production of inflammatory PG2. However Omega 3 inhibits the synthesis of PG2 because they preferentially grab most of your Delta-5 Desaturase to make EPA.

这个图表清楚显示，必须脂肪酸转换的最终结果是前列腺素，也就是对我们身体起着许多重要作用的荷尔蒙。前列腺素分成三类，也就是前列腺素一，前列腺素二及前列腺素三。一般来说，前列腺素一及前列腺素三是好的前列腺素，而前列腺素二则是恶性的。前列腺素一群及前列腺素三群抵制前列腺素二群的不良作用。研究员发现大多数慢性病的不良后果例如心脏病发作、心血管疾病、癌症及炎症包括自体免疫病都是因前列腺素二群所造成或引起的。正如您在图一中所看到的，奥美加Ω6促进造成炎症的前列腺素二产生。然而，奥美加Ω3能制止综合前列腺素二，因为它能优先吸纳大量的三角洲五去饱和酵素来制造EPA（学名为二十碳五烯酸）。

## Trans Fat's Health Havoc

The conversion of liquid oils to solidified fats through the hydrogenation process further adds insults to the injuries. Trans fats block PG1 and PG3 production, and by default, PG2 substances are produced unopposed. PG2 family causes reactions such as increased blood clotting, elevation of blood pressure, increased cholesterol and worsening other heart attack risk factors. PG2 also increases inflammatory activity which leads to tissue destruction associated with everything from trauma to autoimmune diseases. PG2 family chemicals also cause a decrease in our natural killer cells which are necessary for our body to fight off cancer. Because of this fact, tumours increase in size under the influence of PG2.

## 反式脂肪所带来的健康浩劫

以氢化过程把液体状的油脂转换成固体油脂，可说是对人体毒上加毒。反式脂肪阻碍前列腺素一及前列腺素三的生产，并且因欠缺了这两者，前列腺素二在没有阻碍的情况下产生。前列腺素二群带来种种风险如增加血凝结、血压上升、增加胆固醇、及其他导致心脏病发作的因素。前列腺素二也增加发炎性活动，导致从创伤到自体免疫疾病的细胞破坏。前列腺素二群化学也导致我们体内天然抗癌细胞减少。基于此因，肿瘤将受前列腺素二的影响而加大。

# Where are Trans Fats Found?

## 在哪里可找到反式脂肪?

Trans fats are present in a wide range of foods. This is because the hydrogenated vegetable fats are a mainstay in the food industry – it is a cheap bulking agent perfect for padding out expensive processed products, with a long shelf life and a luxurious 'mouth feel'.

在许多食品里都可找到反式脂肪。这是因为氢化植物油是现代食品工业里的主桅——它是个便宜又大量的中介，能完美地包装昂贵的加工产品，让它们有更长的贮藏期限及提供奢华精致的‘口感’。

They can be found in many brands of biscuits, cakes & cake mixes, chips, chocolates, doughnuts, artificial creamer, processed foods, ice creams, even breakfast cereals.

反式脂肪在许多品牌的饼干、蛋糕及蛋糕粉、薯片、巧克力、甜甜圈、人工奶油、被处理的食物、雪糕、甚至早餐谷粮里都可以找到。

When you are out shopping, always inspect the list of ingredients before you buy any product, look in particular for:

- Hydrogenated vegetable oil
- Partially hydrogenated vegetable oil
- Vegetable shortening
- Margarine

下次出外购物，请在购买任何产品前检查成份标签，尤其要注意：

- 氢化菜油
- 半氢化菜油
- 植物起酥油
- 人造黄油

If any of these are listed, leave the product on the shelf.

若以上其中任何一样出现在成份标签上，最好是别买为妙！



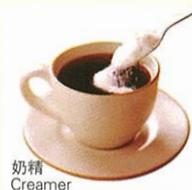
饼干  
Biscuits



汉堡包  
Burgers



比萨  
Pizza



奶精  
Creamer



花生酱  
Peanut Butter



商业面包  
Commercial Bread



谷类  
Cereal



人造黄油  
Margarine



炸鸡  
Fried Chicken



炸薯条  
French Fries



雪糕  
Ice Creams



蛋糕  
Cake



巧克力  
Chocolate



甜甜圈  
Doughnuts



薯片  
Potato Chip

## Trans Fats Found In

### 反式脂肪处处在

# Lives Saved with Omega 3...

## 奥美加 $\Omega$ 3 能救命



### ✔ Prevent Bone Loss and Boost Bone Density:

*The British Journal of Nutrition* recently published their study of Omega 3 and bone health: Researchers divided middle-aged rats into 3 groups. One group received a diet high in Omega 3, a second group got a mix of Omega 6 and Omega 3 and the last group was fed only Omega 6.

The first group – who received the highest level of Omega 3 – had the highest bone mineral and bone density, with an enhanced ability to absorb calcium. They also showed high levels of the various hormones and bio-chemicals needed for bone production.

Another study in the *American Journal of Clinical Nutrition* proved the same in a human study. After following 1,500 men and women for four years, they found those who consumed the highest level of Omega 3 had the strongest bones and the smallest risk of osteoporosis

### ✔ Relieve Joint Pain Safely:

With recent scandals revealing the risky and sometimes fatal effects of prescription painkillers like Vioxx and Celebrex, Omega 3 are safer, more effective alternative, especially for long-term relief.

The British medical journal *Lancet* found that people who took Omega 3 for six months reported less arthritic pain than those who didn't. Their research suggests that Omega 3 restores mobility and quality of life to those who suffer from chronic joint pain.

A few years ago, the *American Journal of Clinical Nutrition* reported that Omega 3 relieves swollen, painful joints associated with rheumatoid arthritis. Other studies, like the one mentioned in *Nutrition and Metabolism* show Omega 3 improve our morning stiffness, pain index and grip strength.

### ✔ Slash Your Risk of Cancer:

With the rising levels of inflammatory Omega 6 in our food, studies from around the world show the resulting lack of Omega 3 is linked to rising cancer rates.

But there's good news... New research shows Omega 3 prevents the progression of breast and prostate cancer cells – both in animal and human trials. In one study, those who added Omega 3 to their diet had a dramatic 40% increase of a natural cancer-suppressing biochemical compared to those who didn't.

### ✔ 防止骨骼疏松及促进骨头密度:

《英国营养期刊》最近版登了有关奥美加  $\Omega$ 3 与骨骼健康的研究。研究员把中年老鼠划分成三个小组：一组饮食含高量奥美加  $\Omega$ 3，第二组给予混合奥美加  $\Omega$ 6 及奥美加  $\Omega$ 3，而最后一组仅供给奥美加  $\Omega$ 6。

第一组——接受最多奥美加  $\Omega$ 3 的一组——钙质吸收力加强，且拥有最多骨骼矿物质及最高骨头密度。研究也显示它们含高量骨骼生长所需要的各种荷尔蒙及生物化学。

另一项在《美国临床营养期刊》对人类所作出的研究中证实了同样结果。在同一群一千五百名男女中，通过连续四年的观察后，所得到的结果是他们当中摄取最多奥美加  $\Omega$ 3 者的骨骼最强、患上骨质疏松症的风险也最小。

### ✔ 安全地减轻关节痛:

最近丑闻中揭发止痛药有风险及甚至可能致命，如 Vioxx 威优斯，及西乐葆。奥美加  $\Omega$ 3 是更安全，更有效的选择，尤其适合长期服用。

英国医疗期刊《柳叶刀》发现采取奥美加  $\Omega$ 3 长达六个月的人们比起那些没有的较少有关节炎疼痛。他们的研究建议奥美加  $\Omega$ 3 能使遭受慢性关节疼痛的患者恢复行动及提高生活素质。

多年以前，《美国临床营养期刊》报导奥美加  $\Omega$ 3 能消除风湿性关节炎所引起的肿胀及疼痛。其他研究，如《营养与新陈代谢》里所提到的，表示奥美加  $\Omega$ 3 能改善我们早晨的僵硬、疼痛及增强掌控力。

### ✔ 大幅度削减您患上癌症的风险:

跟着我们食物里所带的奥美加  $\Omega$ 6（可能导致炎症）成份大幅度增加，世界各地的研究也显示奥美加  $\Omega$ 3 的缺乏与癌症率增加有关联。

好消息是……新的研究显示奥美加  $\Omega$ 3 能抑止乳腺癌及摄护腺癌细胞恶化——动物和人类的试验中的结果都一样。在一项研究中，增加饮食中奥美加  $\Omega$ 3 的人，比其他人能有效强烈地增加四成的天然抗癌生物化学。

Dr. Johanna Budwig, a seven-time nominee for the Nobel Prize, after three decades of research, found that the blood of seriously ill patients was always, without exception, deficient in essential ingredients called phosphatides and lipoproteins. Blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen carrying haemoglobin. Dr. Budwig, in feeding cancer patients with flax seed oil and quark (a product from low fat yoghurt) for three months, found that the greenish-yellow substance in the blood was replaced with red pigment haemoglobin. The phosphatides returned and the lipoproteins reappeared. Tumours receded and disappeared, anaemia was alleviated and vitality returned.

### ✓ **Relieve Depression and Boost Your Brainpower:**

New findings show a powerful connection between mental health and a severe lack of Omega 3. These include depression, anxiety, attention deficit, hyperactivity disorder (ADHD) and schizophrenia.

But clinical evidence shows a reliable source of Omega 3 can relieve these symptoms: A recent Italian study found that people who took Omega 3 for just a month felt improved attention, elevated mood and a "sharper mind," better equipped for complex information processing.

### ✓ **Improve Athletic Performance:**

The most dramatic testimony to the power of Omega 3 essential fatty acids was demonstrated by Dr. Johana Buckwheat when the Russian and East German Olympic athletes were accused of using steroids and performance enhancing drugs. She showed they were simply using all natural foods, flax seed oil and quark (a yoghurt product) to help enhance the athletic performance.

Dr. Colgan in his book *Essential Fats* mentioned a news report that the Scandinavian and British Olympic committee have officially approved Omega 3 fatty acid supplements for all their athletes in order to recognize the blatant omega-3 deficiency in Western diets.

佐哈纳·巴达维克博士，七次诺贝尔奖被提名者，在经过三十年的研究后，发现严重病患者的血液，无一豁免全都缺乏名为磷脂及脂蛋白的必需成份。血液分析显示在运载健康红色氧气的血红蛋白里呈现一种奇怪的绿黄色物质。巴达维克博士让癌症患者吃亚麻籽油及夸克（一种低脂酸乳酪制品）。三个月后发现血液里的绿黄色物质被红色血红蛋白替换了、磷脂恢复正常及脂蛋白也出现了。肿瘤收缩并消失了、贫血症缓和了、并且恢复生命力。

### ✓ **解除忧郁并促进脑力:**

新的研究结果显示，精神健康与严重缺乏奥美加Ω3有很强关系。这包括忧郁、忧虑、缺乏集中力、过度活跃及精神分裂症。

但临床证据显示可靠来源的奥美加Ω3能解除以上症状：最近意大利一项研究发现采用奥美加Ω3一个月的人，注意力提高、心情愉快及“头脑更敏锐”，更能有效处理复杂的信息。

### ✓ **运动员表现加强:**

佐哈纳·巴科威特博士展示了奥美加Ω3必需脂肪酸影响力最富戏剧性的见证。当俄国和东德奥林匹克运动员被指责怀疑使用了类固醇及增强表现药物。佐哈纳博士证明他们只不过是简单地使用一切天然食品、亚麻籽油及夸克（酸乳酪产品）来帮助提高运动表现。

柯根医生在他所著作的书《必需脂肪酸》中提到了一则新闻报导斯堪的纳维亚及英国的奥林匹克委员会正式批准奥美加Ω3脂肪酸补充剂供给他们所有的运动员，明显承认了西方饮食里缺乏奥美加Ω3。

**Organic Flax Seed Oil contains 1:3 of Omega 6 to Omega 3 ratio. It should be our first choice to combat the likely long-standing Omega 3 deficiency.**

**有机亚麻籽油含有奥美加Ω6对奥美加Ω3一比三的比率。它是我们克服长期缺乏奥美加Ω3的最佳首选。**



# HOW TO SELECT HIGH QUALITY FLAX SEED OIL?

## 如何选择高品质亚麻籽油？

**C**obtaining high-quality flax seed oil is a major challenge for consumers. In order to receive the benefits described earlier, it is critical that the oils are produced from high quality seeds with preparation and handling methods that are able to protect the highly polyunsaturated oil. Because of its delicate polyunsaturated bonds, flax seed oil easily turns rancid. Thus, extreme care must be taken during processing and subsequent handling of the product.

NewLife™ Omega Gold Flax Seed Oil is produced from highest quality Golden Flax Seeds sourced exclusively from a contract farm in Western Victoria. The oil is extracted by expeller presses under Modified Atmosphere Packing (MAP), that is, the oil is produced under controlled atmosphere of low temperature and in the absence of light or oxygen.

They are air-freighted and always kept cool to ensure full protection of its quality.



**With all the hype surrounding a number of dietary supplements on the market, why should I consider to add flax seed oil as one of them?**

There is evidence that suggests a widespread deficiency of essential fatty acids in our diet. These essential fatty acids are directly and indirectly responsible for and involved with countless important and life-sustaining biological functions. A lack of these essential fatty acids has been associated with a number of diseases, including heart problems, cancer, stroke, etc. These essential fatty acids found most abundantly in flax seed oil and they are truly "essential" to life.

**Who needs to take flax seed oil?**

Because of the virtual elimination of Omega 3 from our food chain, and the fact that flax seed oil is a rich source of Omega 3, everyone needs to take flax seed oil for optimal health.

**How can flax seed oil have such profound effects on so many health problems?**

Often, the main cause of these health problems is the extreme lack of essential fatty acids in our modern diet. Once these essentials are returned to the diet, the body is equipped to carry out the biological functions. The essential fatty acids are a prerequisite to optimising body performance. Because of this, many numerous diseases and health problems improve. Up to now, over sixty illnesses and health problems are related to Omega 3 deficiency.

**How much flax seed oil should one take on a daily basis?**

For most people, one tablespoon for every 100 pounds of body weight is recommended.

**要**取得高品质亚麻籽油对消费者来说是个巨大的挑战。若要取得之前所提及的好处，首先亚麻籽油必须是提炼自高品质的亚麻籽，并且在准备及处理方面必须可以保存此多元不饱和油的高纯度。由于它特别多元不饱和的特质，亚麻籽油很容易变腐臭。因此，在生产过程及产品善后处理需要特别小心。

新生命Ω奥美加金牌亚麻籽油完全提炼自澳洲维多利亚西部特委农场所栽培、最高品质的黄金亚麻籽。以最先改良的机器(MAP)所生产，生产过程严厉监控、保持低温处理、并完全不接触氧及光。

新生命Ω奥美加金牌亚麻籽油通过空运入口，全程保持冷冻以充分确保它的品质。



**市面上已被各种保健品、补充剂充斥，为什么我还应该考虑选择亚麻籽油？**

研究证据指出我们饮食中普遍缺乏必需脂肪酸。这些必需脂肪酸直接或间接地负责及涉及无数重要及维持生命的生物作用。缺乏这些必需脂肪酸跟许多疾病很大的关联，包括心脏问题、癌症、中风等等。亚麻籽油含大量丰富的必需脂肪酸，是养生的“必需”。

**谁需要吃亚麻籽油？**

由于我们的食物链已几乎完全淘汰了奥美加Ω3，再加上亚麻籽油是奥美加Ω3的丰富来源。因此，为了达到最佳健康，所有人都需要采用亚麻籽油。

**为什么亚麻籽油对许多健康问题有如此大的影响？**

通常，许多健康问题的起因是由于我们现代的饮食里严重缺乏必需脂肪酸。一旦将这些必需营养放回饮食里，身体就能自行武装准备好执行生物作用。必需脂肪酸是达到最佳身体功能的前提。因此，许多疾病及健康问题都得以改善。至今，至少六十种病症及健康问题都与缺乏奥美加Ω3有关。

**每天该吃多少亚麻籽油？**

一般人来说，每一百磅体重应摄取一大汤匙。



### Can one take too much flax seed oil?

All food, nutrients, and elements including water and oxygen, when consumed or breathed at excessive levels may become counter productive to the body. With flax seed oil, a safe guideline is the recommendation in the earlier answer. However, flax seed oil has been used in much larger dosages in the treatment of cancer and other diseases. In these instances, it is strongly advised that you are under the guidance of a qualified naturopathic or holistic medical doctor.

### Can I expect to get the same benefits from flax seed oil found in gelatine capsules as I would from the bottled liquid type?

Generally, one should be wary of oil products sold in gelatine capsules. The only way to test the quality of encapsulated oils is to puncture the capsule and taste the oil. If the oil has a rich, robust, and nutty flavour, it is most likely unrefined and relatively fresh. If there is an off-flavour, it is rancid oil. If there is little or no taste, you have just sampled a refined oil product. Oil products found in gelatine capsules are not as high quality because of the extra manufacturing step taken to encapsulate them. Furthermore, the pure liquid oil is far more economical, especially when you consider that you have to take at least nine 1000mg flax seed oil capsules just to get 1 tablespoon of flax seed oil.

### Is there a preference for taking flax seed oil alone or with food?

There are several advantages to taking flax seed oil with yoghurt and yoghurt products. It helps to emulsify the oil, aiding in optimal digestion, absorption, and utilization of the essential fatty acids. Based on the work of Dr. Budwig, adding flax seed oil to yoghurt products helps in incorporating the essential fatty acids into cellular membranes.

### What do you think of a certain product that contains flax seed oil and some other vegetable oils like safflower oil and sesame oil? Their argument is to increase the amount of Omega 6 of the flax seed oil so that the ratio of Omega 6:Omega 3 becomes 1:2 in order to provide a more optimal Omega 6/Omega 3 profile for the body.

Because of the up to 20:1 Omega 6 to Omega 3 ratio found in the diet of the general population, the last thing we want would be to increase the amount of Omega 6 to flax seed oil.

Instead, a better suggestion would be to eliminate the hidden sources of Omega 6 oils from the diet and supplement it with flax seed oil that contains Omega 6 and Omega 3 in the ratio of 1:3. The reduction of Omega 6 oils in your diet and the addition of large quantity of flax seed oil will help you gain the optimal ratio of Omega 6 to Omega 3 fatty acids profile for balanced and efficient production of prostaglandins and their health enhancing qualities. It should be noted that in cases of chronic and degenerative diseases, the body's demand for Omega 3 would be further increased for therapeutic uses because there is a greater need for Omega 3 oils to correct the underlying imbalance of essential fatty acids in cellular membranes and prostaglandins synthesis.



### 会过量服食亚麻籽油吗?

所有食物、营养素、及元素包括水和氧气，当过份食用或过份吸入时都可能对身体造成反效果。至于亚麻籽油，请依照以上所推荐的安全剂量。然而，若用亚麻籽油来治疗癌症及其他疾病，摄取的剂量必须相对地增加。在这种情况下，强烈推荐您听从有资格的营养师或全科医生的指示。

### 胶囊状的亚麻籽油比起瓶装液体状的亚麻籽油是否能得到同样的好处?

一般来说，您应该对胶囊状的油产品有所警惕。若要测试胶囊中的油品质，唯一的办法就是刺破胶囊，尝试油的味道。若油有浓郁、醇厚、及坚果类的味道，它很可能是未被精制处理的，也相对地是新鲜的。若有怪味，就是腐坏了。若味道很薄弱或完全没有味道，您吃的可能是经精制处理的油产品。胶囊状的油产品应该品质都不高，这是因为采取了额外制造步骤将它们装入胶囊。此外，纯净瓶装液体状油更加经济。想想看，您至少要吃九颗一千毫克的亚麻籽油胶囊才等于一大汤匙的亚麻籽油。

### 单单吃亚麻籽油比较好或者跟食物一起进食比较好?

将亚麻籽油加入酸乳酪及酸乳酪产品一起吃能带来许多好处。酸乳酪有助于乳化油，有效促进身体对必需脂肪酸的消化、吸收及运用。根据巴特威伊克博士的研究，把亚麻籽油加入酸乳酪产品，能帮助必需脂肪酸与多孔膜的结合。

### 您对那些合并亚麻籽油与其他植物油如红花油及芝麻油的产品又有什么看法? 他们的论点是要增加亚麻籽油里的奥美加Ω6，以达到人体最均衡的奥美加Ω6及奥美加Ω3一对二的比率。

今天大多数人饮食里的奥美加Ω6对奥美加Ω3的比率已高达二十比一，因此我们最不可能要做的事就是在亚麻籽油里增加奥美加Ω6的份量。

相反的，有个更好的建议，就是从饮食里去去除奥美加Ω6的暗藏来源，并以含奥美加Ω6及奥美加Ω3一比三比率的亚麻籽油来补充。饮食中奥美加Ω6的减少及加入大量的亚麻籽油，能帮助您获取均衡的奥美加Ω6及奥美加Ω3脂肪酸的最佳比率，并平衡及有效地生产前列腺素来提高健康品质。要注意若有慢性及退化疾病，为了治疗作用，身体对奥美加Ω3的需求也进一步增加。因为需要更多的奥美加Ω3来改正多孔膜及综合前列腺素里必需脂肪酸的不平衡状态。



# Omega Gold Flax Seed Oil

## Ω 奥美加金牌亚麻籽油

The Best source for Balanced Supply of  
Essential Fatty Acids OMEGA 3 and OMEGA 6

均衡必需脂肪酸的最佳来源

Ω 奥美加3及 Ω 奥美加6

Cold pressed. Produced in the absence of oxygen and light.  
冷压。生产过程中完全不接触氧及光。

Certified Organic  
持有机证书



Omega Gold Flax Seed Oil is cold pressed from exclusive Golden Flax Seed variety organically grown in a specific farm in Western Australia.

Golden Flax Seed is known to be the better quality Flax Seed that produces better tasting oil compared to the regular brown seeds.

Ω 奥美加金牌亚麻籽油是通过冷压，提炼自西澳一间特委的农场有机栽培的精选黄金亚麻籽。

黄金亚麻籽是知名高品质及更美味的亚麻籽，品质有别于一般的棕褐色亚麻籽。



250ml  
Product of Australia  
250毫升  
澳洲产品

*Taste the difference*  
品尝它的不同



Golden Flax Seed  
黄金亚麻籽



Regular Brown Flax Seed  
一般棕褐色亚麻籽